



Siletz Community

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SAVVY CAREGIVER TRAINING
Caring for Elders with Dementia Illness

SILETZ AREA
SIX WEEK COURSE FOR CAREGIVERS
BEGINNING JUNE 5, 2019

LEARN SKILLS TO REDUCE YOUR STRESS,
 THE STRESS OF THE FAMILY AND THE ELDER

CALL YOUR AREA COMMUNITY HEALTH ADVOCATE
 TO RESERVE, SPACE IS LIMITED

Events

June 5th

Savvy Caregiver Training
Siletz Clinic

June 6th & 20th

Native STAND
Siletz Clinic - Behavioral Health
5:00 - 7:00pm

June 6th & 20th

Herbal Medicine Making
Siletz Clinic - Shell Room

June 27th

Wellness Luncheon
Tribal Community Center
12:00 - 1:00pm



Health Effects of Secondhand Smoke

Secondhand smoke is the combination of smoke from the burning end of a cigarette and the smoke breathed out by smokers. Secondhand smoke contains more than 7,000 chemicals. Hundreds are toxic and about 70 can cause cancer.

Since the 1964 Surgeon General's Report, 2.5 million adults who were nonsmokers died because they breathed secondhand smoke.

There is no risk-free level of exposure to secondhand smoke.

- Secondhand smoke causes numerous health problems in infants and children, including more frequent and severe asthma attacks, respiratory infections, ear infections, and sudden infant death syndrome (SIDS).
- Smoking during pregnancy results in more than 1,000 infant deaths annually.
- Some of the health conditions caused by secondhand smoke in adults include coronary heart disease, stroke, and lung cancer.

What can we do to help prevent secondhand smoke exposure?

Smoke outside—People who smoke inside housing units expose everyone who lives in the unit to secondhand smoke exposure. Not only do those who live in the unit get exposed to secondhand smoke, but those who visit will also be exposed to secondhand smoke. Smoke can linger in housing units for hours until it settles and causes third-hand smoke exposure.

Lets work together and help protect the Health of our people.

Tobacco Prevention and Education Program

